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WHO ARE YOU?

METRO CANADA'S THREE-PART VOYAGE OF FAMILY DISCOVERY CONTINUES TODAY. PART TWO: YOU NEVER KNOW WHO IS LURKING IN YOUR FAMILY TREE, JUST ASK THE BIEBS! PAGES 16-17

POPE AND CHANGE?

Argentina's Jorge Bergoglio, elected Pope Francis of the Roman Catholic Church, appears at the balcony of St. Peter's Basilica at the Vatican on Wednesday. Lauded for his humility and austerity, the 76-year-old is both the church's first Jesuit pope and the first pope from the Americas. He will be called upon to emulate one of his namesakes, St. Francis of Assisi, who saw his calling as trying to rebuild the church. For more, see page 6. DMITRY LOVETSKY/THE ASSOCIATED PRESS

City without a game plan for climate change

Greenhouse-gas emissions. City hall to host GHG roundtable discussion in two weeks

ALEX BOUTILIER
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The City of Ottawa has no climate-change adaptation plan nearly a decade after municipal staff recommended developing one.

In 2004 the city's Air Quality and Climate Change Management Plan, a 107-page report detailing climate change and air-quality issues at the municipal level, called for the development of a plan to adapt to the effects of climate change.

The plan focused on mitigating the effects of climate change by reducing greenhouse-gas emissions 20 per cent below 1990 levels by the end of 2012. But it noted that, even if GHG emissions were to completely stop (in 2004), the earth would continue to heat up.

"Thus, adaptation will be a necessity. An adaptation to climate change plan will follow this plan in the near future," the report reads.

But that plan doesn't appear to have come. When asked, the city's corporate-communications team directed Metro to the 2004 report that recommended developing a plan. No other documents were available.

The commitment to develop an adaptation plan is also mentioned in the city's Official Plan.

Adapting to climate change is important for municipalities, according to a 2011 report from the provincial ministry of environment, if only for the cost associated with weather-related infrastructure damage. The ministry pointed to a violent rainstorm in 2005 that washed out Finch Avenue in Toronto and cost the city a sum estimated at almost $550 million.

City hall has had some success in reducing emissions, at least when it comes to municipal operations. An April 2012 memo from Dixon Weir, the city's environmental services manager, noted emissions from city operations decreased by 12.5 per cent from 2004 to 2008. Emissions from the community increased by 0.9 per cent over that same time.

Trevor Haché with Ottawa's Ecology Action Centre said the city needs to focus on finding ways to mitigate GHG emissions from the community.

"The community emissions are 95 per cent of the problem, in terms of greenhouse gasses being emitted," Haché said.

Haché said he hopes that the upcoming roundtable on climate change, taking place on March 23, will provide the opportunity to renew the Air Quality and Climate Change Management Plan.

The 2004 plan ended in 2012. Maria McRae, the head of the city's environment committee, was unavailable for comment yesterday.

Community issues

"The community emissions are 95 per cent of the problem, in terms of greenhouse gasses being emitted."

Trevor Haché of Ottawa's Ecology Action Centre

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National Arts Centre goes casual to draw in new crowd

Music. National Arts Centre Orchestra unveils its 2013 schedule, including dates in China

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The National Arts Centre is hoping to draw in a new group of music lovers who may not be immediately comfortable with a night at the orchestra.

Call it "orcasual" rather than orchestral. The NAC Orchestra is planning a three-concert series called Casual Fridays, marketed toward a younger crowd.

"I think it's great for perhaps a person that thinks it's going to be stuffy, or they have to behave a certain way," said Amanda Forsyth, the orchestra's principal cellist. "I'm just so tired of hearing about that. Let's just go to a concert."

Forsyth, along with the orchestra's Jethro Marks, will perform a double concerto written by her late father, composer Malcolm Forsyth. It will be the second in the Casual Friday series, taking place on March 7, 2014.

The orchestra made the announcement as part of a busy 2013-2014 lineup, which includes everything from Beethoven to Paul Anka. The orchestra will also make a sojourn to China for a performance and education tour from Oct. 4 to Oct. 20 with music director Pinchas Zukerman.

For a bit of Canadiana, the orchestra will perform a rendition of The Hockey Sweater, Roch Carrier's classic story of a boy wearing a Maple Leafs jersey in a town obsessed with the Montreal Canadiens. Carrier himself will narrate the story, and Ken Dryden will co-host the event on Jan. 14, 2014.

NAC Orchestra cellist Amanda Forsyth discusses the new Casual Friday series on Wednesday. The series is part of the orchestra's 2013-2014 season, unveiled Wednesday. ALEX BOUTILIER/METRO

Busted. Plainclothes officers charge 3 youths at all-age party in Orleans

Three youths face 22 charges after plainclothes officers went to an all-age party Monday night in Orleans that developed a massive Facebook following.

The party was called Believe The Hype and was organized on Facebook by local DJs and promoters BoomBoxDJs. It was held at a bowling alley on Taylor Creek Drive.

The majority of the 22 charges laid against the trio were criminal, Sgt. Scott Pettis said, but some also fell under the Controlled Drug and Substances Act. Police say they dealt with several young people who were in possession of alcohol and narcotics. JOE LOFARO/METRO

For Francis

New Pope to be celebrated at mass

Ottawa's Catholics will get the chance to celebrate the election of Pope Francis together at Notre Dame Cathedral Basilica Thursday.

At 12:15 p.m. Archbishop Terrence Prendergast will preside over a special mass of thanksgiving for the election of the Pope at the prominent Sussex Drive church. METRO

Court. Accused transit groper released on bail, offers alibi through lawyer

A man accused of groping four women on OC Transpo buses was released on bail and confined to house arrest Wednesday after his lawyer brought to light information that may give him an alibi.

"I supplied information to the authorities that, in my opinion, raises serious issues to any involvement of his and would exculpate him," said Norman Boxall, the defence attorney for 34-year-old Racil Hilan, without going into detail. "The authorities have asked for time to look into that information."

GRAHAM LANKTREE/METRO

Ed Moynan. Funeral set for former Ottawa man found dead in Panama

Funeral arrangements have been made for a former Ottawa businessman who was found dead in Panama last week, according to a Facebook post from his family.

Ed Moynan, who owned Centennial Glass before he retired, went missing from his home in the coastal city of Coronado on Nov. 8, 2012.

His family set up the Find Ed Moynan Facebook page shortly after to spread the word about his disappearance. On Monday, Moynan's daughter, Sandy, said in a post the body found in Panama had been identified as her dad.

A media report from Panama said Moynan's body was found in a suitcase by staff at a nearby national park.

Moynan's funeral will be held at the Daley Family Funeral Home in Metcalfe, Ont., on Saturday at 1 p.m., according to the post.

"For those who wish to honour him with a memorial donation, rather than flowers, please consider the Canadian Mental Health Association," the post read. JOE LOFARO/METRO

Ongoing investigation

2 women assaulted in east end of city

Ottawa police are investigating two separate sexual assaults involving a man attacking two women in the east end of Ottawa.

The first happened March 5 around 10 p.m. at a bus stop on Orleans Boulevard near Innes Road. The second incident happened the same day at 10:30 p.m. as a woman was walking along Silverbirch Street near Page Road.

The suspect in the first incident is described as a male with light brown skin in his early 30s. The suspect in the second incident is described as white, male, in his mid-30s.

Anyone with information should contact police. METRO

Harryhausen's stop-motion masterpieces now playing

Ray Harryhausen poses with his Medusa model from the original Clash of the Titans. COURTESY OF RAY & DIANA HARRYHAUSEN FOUNDATION/ANDY JOHNSON

Bringing magic back. Local venue showcases clay classics by the renowned special-effects artist in high-definition

ALEX BOUTILIER
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Heroes and clay are clashing this month at the Mayfair Theatre, where the works of visual effects great Ray Harryhausen are back on the big screen.

The theatre is in the middle of a four-movie series featuring Harryhausen's work, including the adventure classic Clash of the Titans (the original, not the CGI remake) and Jason and the Argonauts.

It's a sort of world re-debut. Mayfair was the first theatre to order the remastered high-definition versions of the films. The theatre is the only place in the world, according to Lee Demarbre, currently showing the restored version.

Demarbre, the Mayfair's programmer, said the old adventure epics capture some of the magic that's been lost in the push to big-budget computer-animation effects.

"There's no magic left in theatre," Demarbre said Tuesday.

"When you watch a Ray Harryhausen film, and you can see these effects, and you can picture yourself sitting there and meticulously animating each frame. You can feel that these models were built and they're real and tangible.... You can almost see his fingerprints on these things."

The theatre's recently acquired digital projector allows them to show other remastered digital classics such as the Marx Brothers festival playing all through March Break.

The Harryhausen festival continues on March 17, 18, 24 and 25.

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Pipeline is in U.S.'s interest: Prentice

Keystone XL. Remarks follow a New York Times editorial urging President Obama to reject the pipeline

Former Conservative cabinet minister Jim Prentice says the Keystone XL oil pipeline is in the U.S. national interest and that President Barack Obama should let it be built.

The speech by Prentice, now a senior executive at CIBC, stresses the importance of the Canada-U.S. relationship and argues the two countries must work together to achieve North American energy independence.

"Stated simply, I am strongly of the view that President Obama should approve the Keystone XL pipeline on the basis that it is in the national interest of the United States," he told the Financial Times Forum in New York.

"I say this because North America is accelerating towards a future of energy independence and the Canadian oilsands are an essential part of the North American energy marketplace."

A draft environmental report into the $5.3-billion pipeline released by the U.S. State Department earlier this month flagged no major environmental concerns with the project and said it was unlikely to affect the pace of oilsands development or U.S. oil consumption.

It will be a few more months before Obama decides whether to sign off on the long-delayed controversial project, which would deliver 830,000 barrels per day of mostly oilsands crude to U.S. markets.

Prentice says a rejection would force U.S. and Canadian producers to ship their crude by less efficient means and provide "an artificial competitive advantage for heavier crudes from less democratic, less market-oriented countries."

THE CANADIAN PRESS

Former cabinet minister Jim Prentice
SEAN KILPATRICK/THE CANADIAN PRESS

Making time to smell the goats

PM Stephen Harper and his wife, Laureen, stop to pet a goat, the mascot of the Governor General's Foot Guards, while waiting for the arrival of French PM Jean-Marc Ayrault on Parliament Hill on Wednesday. The Harper government will use the visit to burnish its tarnished reputation in Europe. France and Canada will sign a joint declaration Thursday on an initiative to create biofuels from seaweed. FRED CHARTRAND/THE CANADIAN PRESS

Montana

Death penalty survives repeal bid

A proposal to abolish Montana's death penalty has failed again, a blow for Canadian Ronald Smith, a convicted murderer who has been on death row in the state for 30 years.

A bill to repeal capital punishment and replace it with a maximum sentence of life in prison was introduced but didn't get past a judiciary committee, which, for the fourth time in eight years, voted to table the bill.

THE CANADIAN PRESS

Victoria

Would-be robber nabbed in return to bank: Police

Would-be bank robbers, listen up. If at first you don't succeed, don't go back to the scene of the crime to check on the investigation.

A 39-year-old Victoria suspect is in jail after being picked up on Tuesday, after an employee spotted him peering in the bank's windows as officers were responding to an attempted heist earlier in the day.

THE CANADIAN PRESS

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Hail the humble Pope

'Good evening'. After one of the fastest conclaves in years, an ecstatic world greets the new man in the Vatican

The euphoria: Cheers ring out from the crowd in St Peter's Square in Rome as white smoke is sighted rising from the Sistine Chapel's chimney. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Habemus Papam — We have a pope!

A cacophony of welcome swept the world on Wednesday after Jorge Bergoglio of Argentina was elected Pope in a conclave that ended with astonishing speed.

"Brothers and sisters, good evening," the new Pope Francis — looking stunned — said shyly from the loggia of St. Peter's Basilica to wild cheers.

"You know that the work of the conclave is to give a bishop to Rome," he went on.

"It seems as if my brother cardinals went to find him from the end of the Earth, but here we are. Thank you for the welcome."

Bergoglio, 76, becomes the first pontiff from the Americas and the first from outside Europe in more than a millennium.

And by choosing the name Francis, he associates himself with the humble 13th-century Italian preacher who lived a life of poverty.

Across the planet, Latin Americans burst into tears and jubilation at the news that the region, which counts 40 per cent of the world's Catholics, finally had a pope to call its own.

"It's a huge gift for all of Latin America. We waited 20 centuries. It was worth the wait," said Jose Antonio Cruz, a Franciscan friar in the Old San Juan district in Puerto Rico.

Elected on the fifth ballot, Francis was chosen in one of the fastest conclaves in years.

Tens of thousands of people who braved cold rain to watch the smokestack atop the Sistine Chapel jumped in joy when white smoke poured out, many shouting "Habemus Papam!" or "We have a pope!"

THE ASSOCIATED PRESS

A cleric who cares. New Pope often rode the bus and helped the destitute

As a cardinal, Jorge Mario Bergoglio — the new Pope — rode the bus and visited the poor.

He was known all over Argentina for caring for the destitute.

Bergoglio was born in December 1936, in Buenos Aires, one of five children of an Italian railway worker.

He had a lung removed when he was a teenager due to an infection.

He studied chemistry and then philosophy at university before teaching literature and psychology in Argentina.

He joined the Jesuit order in 1958 before being ordained a priest in 1969.

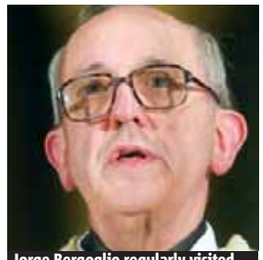
From 1973 to 1979 he served as the Jesuit provincial in Argentina, then in 1980 became the rector of the seminary where he studied.

He served there until 1986, after which he completed his doctorate in Germany and returned to Argentina.

He was appointed Buenos Aires City Archbishop in February 1998 and made cardinal by John Paul II in February 2001.

Bergoglio created new parishes, restructured administrative offices and began new pastoral projects, helping to recover the church's traditional political influence in society.

He has also been critical of Argentina's decision to legalize gay marriage in 2010. METRO WORLD NEWS



Jorge Bergoglio regularly visited the slums of Argentina's capital. THE ASSOCIATED PRESS

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Radicalization

Dutch fearing jihadist threat

The Dutch government raised its terror threat Wednesday amid concerns that Dutch citizens travelling to Syria to fight in the civil war could return battle-hardened, traumatized and further radicalized.

The government cited the threat posed by jihad fighters returning from Syria, where rebels are battling government forces, and signs of increasing radicalization among Dutch youth as key reasons for lifting its threat level from "limited" to "substantial." The level now is the second-highest on the four-step scale.

"The chance of an attack in the Netherlands or against Dutch interests abroad has risen," the country's National Coordinator for Security and Counterterrorism said in a statement. THE ASSOCIATED PRESS

Internet propaganda

Islamic extremists face German ban

German authorities banned three ultraconservative Islamic groups Wednesday and separately announced they had foiled a suspected assassination attempt by Islamic extremists against a prominent far-right politician.

The groups banned included one whose Internet propaganda videos helped inspire the extremist who killed two American airmen at Frankfurt airport in 2011, the country's domestic intelligence chief said.

Police launched early-morning raids on 21 apartments and one meeting room belonging to DawaFFM, Islamic Audios and al-Nussrah — all of which adhere to the hardcore conservative Salafi interpretation of Islam.
THE ASSOCIATED PRESS

An Egyptian woman shouts anti-Muslim Brotherhood slogans during a protest in Cairo last week on International Women's Day. AMR NABIL/THE ASSOCIATED PRESS

Brotherhood decries UN women's-rights document

Egypt. Sexual freedoms and equality between men and women don't jive with Islamic principles, according to critics of the document

Egypt's Muslim Brotherhood sharply criticized an anticipated UN document on combatting violence against women, saying on Wednesday that it was "deceitful," clashed with Islamic principles and undermined family values.

The text or details of the document have not been published yet, but it may be issued at the end of a meeting of the UN Commission on the Status of Women this week in New York. Negotiations have been bogged down in debate.

According to the Brotherhood, which has emerged as the most powerful political faction in Egypt since the 2011 uprising, the draft under discussion advocates sexual freedoms for women and the right to abortion "under the guise of sexual and reproductive rights."

In its strongly worded statement, the Brotherhood also decried the document's defence of homosexual rights, which are not recognized in Islam, and the equating between children born in and out of wedlock.

It said the title of the document addressing violence is "deceitful."

"It contains articles that clash with Islamic principles," the Brotherhood statement said. "It eliminates Islamic values, and seeks to destroy the family ... which would lead to social disintegration."

The Brotherhood, which won Egypt's presidency and controls parliament, called on other Muslim nations, women's groups and Islamic organizations to reject the document. It called it an infringement on the thought, culture and uniqueness of Islamic societies.

Libya's supreme religious cleric also raised similar concerns, rejecting the document for violating Islamic teachings.

In particular, he rejected equality between men and women in matters of inheritance, and criticized wording on sexual freedoms and rights of children born out of wedlock.
THE ASSOCIATED PRESS

Laws and customs

UN diplomats said Egypt proposed an amendment saying that each country can implement the document in accordance with its own laws and customs — a clause the West strongly opposes.

- Such a document was unattainable a decade ago when the commission took up the issue, because governments were unable to reach agreement.
- Differences over sex education, a woman's right to reproductive health, and demands for an exception for traditional, cultural and religious practices stymied an accord.

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Russian President Vladimir Putin and actor Steven Seagal, left, meet with an athlete as they visit a new sports arena in Moscow on Wednesday. ALEXEI NIKOLSKY, RIA-NOVOSTI/PRESIDENTIAL PRESS SERVICE/THE ASSOCIATED PRESS

Putin hopes to revive Stalin-era school-fitness tests

Russia. Program's early focus was on preparing students for service in Red Army

Russian President Vladimir Putin called Wednesday for the revival of a Soviet-era physical-evaluation program that required all schoolchildren to pass fitness tests.

Putin, a judo enthusiast and a regular swimmer, said that the restoration of GTO, the Russian acronym for Ready for Labour and Defence, would teach children "to stand up for themselves, their family and, in the final run, the Fatherland."

GTO, which was introduced in 1931 under Soviet dictator Josef Stalin's rule, required all school and university students to regularly pass training tests. Those managing to qualify would receive silver- or gold-coloured badges.

In its early years, the GTO program focused heavily on tests intended to make children ready for Red Army service. The program gradually lost its scope and prestige over the years and ceased to exist with the 1991 Soviet collapse. Since then, schools have largely been left on their own regarding physical education.

Putin said that Russia needs to pay more attention to physical training because it lags behind other countries. He said that Russian children now are in "significantly worse" physical shape compared to a few decades ago.

THE ASSOCIATED PRESS

Sexism. North Korea hurls insult at female president

North Korea's first public, senior-level mention of South Korea's first female president ended up being a sexist jab. The body that controls North Korea's military complained Wednesday about the "venomous swish" of her skirt.

The term is often used to describe aggressive women, such as micromanaging housewives.

But despite that swipe and rhetoric from Pyongyang threatening nuclear war, President Park Geun-hye is sticking by her vow to reach out to North Korea and to send humanitarian aid.

North Korea has a history of sexist comments. Before she became president, a poem carried by a government site described Park as a "dirty prostitute" who pulls up her skirt in front of the U.S. THE ASSOCIATED PRESS

South Korean President Park Geun-hye
THE ASSOCIATED PRESS FILE

Brazil

Doctor arrested in fake-finger fraud

A doctor in Sao Paulo was arrested after being caught using fake fingers made of silicone and imprinted with real fingerprints to defraud a hospital's biometric punch-in clock, according to the Brazilian newspaper O Globo.

Police told the paper the suspect confessed to using fake fingers bearing the prints of 11 doctors and 20 nurses to help his colleagues pretend they were showing up to work for five overnight shifts each month instead of just one. THE ASSOCIATED PRESS

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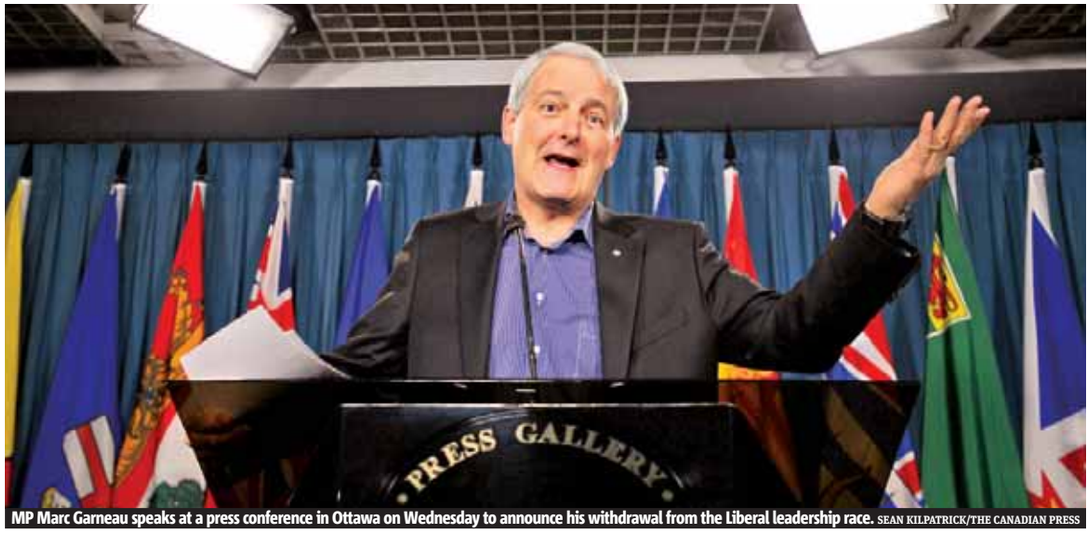
Garneau drops out, backs Trudeau

Federal Liberal leadership. 'I cannot mathematically win,' former contender says



MP Marc Garneau speaks at a press conference in Ottawa on Wednesday to announce his withdrawal from the Liberal leadership race. SEAN KILPATRICK/THE CANDIAN PRESS

Marc Garneau dropped out of the federal Liberal leadership race on Wednesday and threw his support to front-runner Justin Trudeau, declaring the outcome "a fait accompli."

The Montreal MP's decision followed an internal poll conducted by his campaign last week, which Garneau said showed Trudeau has the backing of 72 per cent of Liberal members and supporters.

Garneau said he was a "solid second" with 15 per cent, followed by Vancouver MP Joyce Murray with just over seven per cent and former Toronto MP Martha Hall Findlay with just over five per cent.

"I have done my numbers. I cannot mathematically — and I'm a person who believes in math — I cannot mathematically win," Garneau told a news conference.

"I'm not into denial. The numbers indicate very clearly that Justin is the overwhelming favourite."

However, Murray said she puts no stock in Garneau's survey, the methodology of which her camp finds highly suspect. She said it won't influence her decision to continue her campaign, which has enjoyed a late burst of momentum.

Murray said she was surprised by Garneau's decision to endorse Trudeau, given that he has repeatedly said a coronation is not in the party's best interests and has accused the front-runner of lacking policy depth, experience and leadership credentials.

Worried that some 100,000 people who didn't provide email addresses — the bulk of whom are Trudeau supporters — will be disenfranchised, the front-runner is seeking a one-week extension of Thursday's registration deadline. The Murray, Hall Findlay and Martin Cauchon camps oppose an extension. THE CANADIAN PRESS

Automated phone poll

Poll problems

Garneau's automated phone poll asked 6,000 Liberal supporters and members to indicate whether they favoured Garneau, Trudeau, Hall Findlay or Murray, in that order and without mentioning the other four contenders.

It was not a survey of registered voters. Less than a third of the 294,000 party members and supporters have so far registered to vote.

Garneau's survey also didn't take into account the fact that the results will be weighted to give each riding equal clout, whether they have 1,000 registered voters or 100. Without knowing the distribution of each candidate's support, it's impossible to accurately predict the outcome — although no one disputes Trudeau is in the lead. THE CANADIAN PRESS

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Normal Triglyceride Levels ☐	Elevated Triglycerides ☐	Allergies ☐
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Japan gives Canada $1M thank you

Tsunami of 2011.
Money is meant to help clean up debris swept across the ocean

After an earthquake and tsunami devastated Japan two years ago, Canada was among the first nations to offer help.

Within a few days, millions of dollars had already been donated for tsunami relief by Canadians, and the federal government had pledged equipment and funds.

Japan offered thanks on Wednesday, with a $1-million "token of gratitude" that will go toward the cost of cleaning up tsunami debris that washes up on West Coast shores.

"Canadians from all walks of life opened their hearts to the victims," said Japanese Consul General Seiji Okada, reading a message from Japanese ambassador to Canada Kaoru Ishikawa.

Contributions to the Canadian Red Cross relief fund alone totalled almost $50 million, he noted. Canada and Canadians were at the forefront of an overwhelming international response to the tragedy, Okada said.

"Even more uplifting during those dark days, however, was the sincere compassion and the solidarity conveyed to the Japanese people by individual Canadians of all ages, living from coast to coast," Okada said at a news conference in Vancouver. THE CANADIAN PRESS

Debris, believed to be Japanese, in B.C. JONATHAN HAYWARD/THE CANADIAN PRESS FILE

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Stomach full of change.

Dog in New York City gulps down over 100 pennies

A New York City dog has undergone emergency surgery to remove more than 100 pennies from his stomach.

The New York Daily News reports that a Jack Russell terrier named Jack swallowed 111 pennies last week and quickly became ill.

The 13-year-old pooch's owner rushed him to a Manhattan veterinarian for emergency surgery.

That's when dog doctors put Jack under anesthesia and methodically removed all 111 coins. The zinc from the coins could have been lethal.

The dog's owner told the newspaper his best friend is back to his normal self: driving him crazy.

THE ASSOCIATED PRESS

A $1.11 tip for the surgeon. BLUEPEARL VETERINARY PARTNERS/THE ASSOCIATED PRESS

Viral video

Man fired after wrestling shark on sick leave

A 62-year-old British man who became an Internet sensation after wrestling with a shark on an Australian beach says he was fired after his employer discovered he'd been abroad while on sick leave.

Paul Marshallsea was filmed yanking a six-foot-long shark away from waders at Caloundra beach near Brisbane in January.

But his intervention also caught the eye of his employer, the Pant and Dowlais Boys & Girls Club, a Welsh charity. Marshallsea had been on leave since April after saying he was suffering from work-related stress.

Marshallsea told local news website WalesOnline he was unhappy at his treatment, adding that his doctor had advised him to take a vacation.

A man who answered the phone at the charity Wednesday said no one was immediately available for comment. THE ASSOCIATED PRESS

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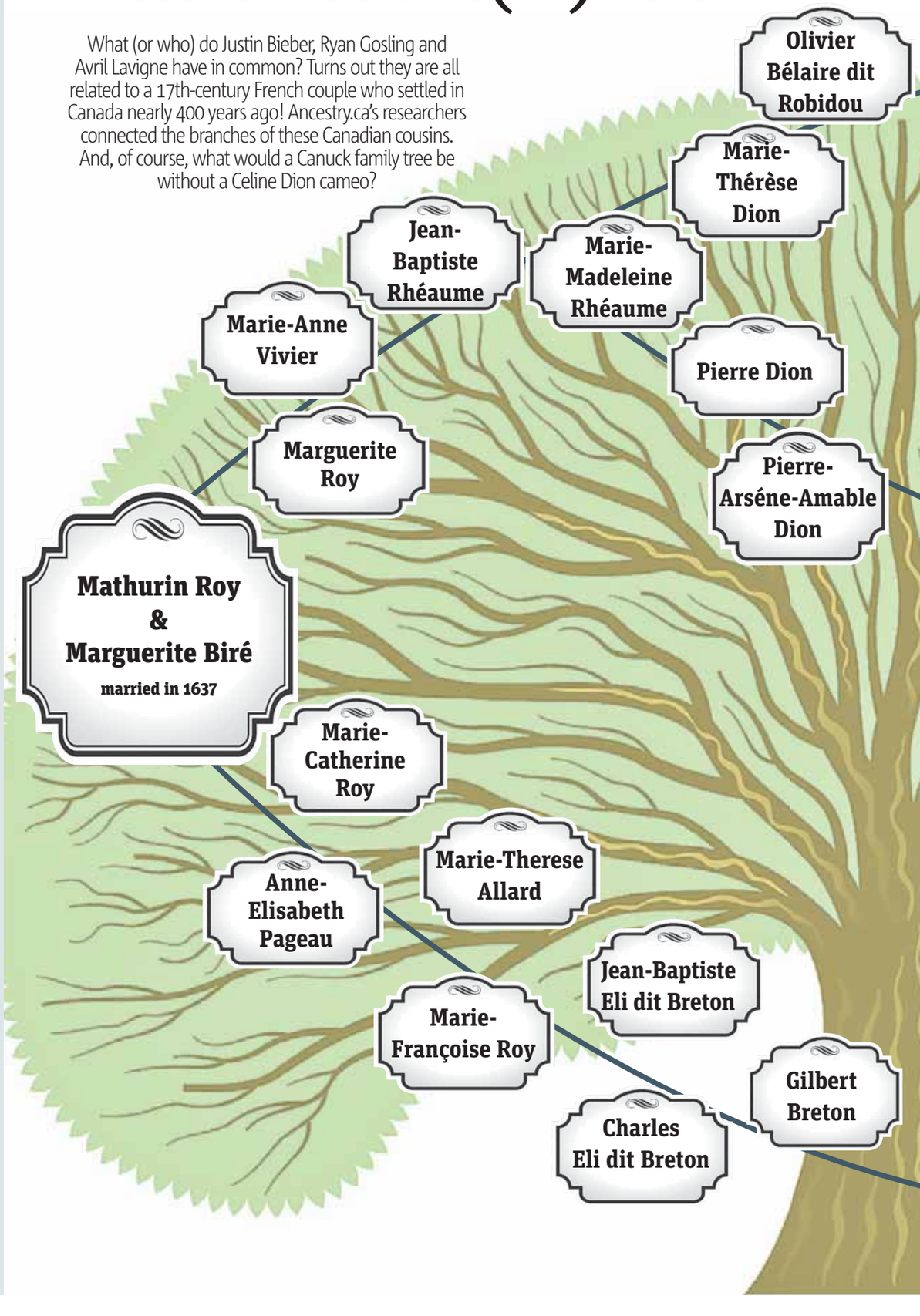
Oh, Canada

Being related to Rachel McAdams, Ryan Reynolds or Seth Rogan? Totally cool. Pamela Anderson? Not so much.

A talented t(h)ree

What (or who) do Justin Bieber, Ryan Gosling and Avril Lavigne have in common? Turns out they are all related to a 17th-century French couple who settled in Canada nearly 400 years ago! Ancestry.ca's researchers connected the branches of these Canadian cousins. And, of course, what would a Canuck family tree be without a Celine Dion cameo?



The Canadian connection

NIKKI PAYNE
nikkipayne.com

Researchers at Ancestry.ca have discovered that Canadian prince and gangster-in-training Justin Bieber is related to Ryan Gosling, Celine Dion and Avril Lavigne.

Bieber and Dion are 10th cousins. Gosling is Bieber's 11th cousin once removed (what does "removed" even mean? I have a couple family members I wouldn't mind having "removed"). Bieber and Lavigne are 12th cousins.

Let's put this in perspective. Considering its size, Canada is sparsely populated. And I'm going to take a guess that a large portion of that population can be found squished into southern Ontario and Alberta. We're probably all 12th cousins. Heck, you might have a better chance of a Canadian celebrity cousin than rolling up a winning rim on a coffee cup.

So who's your celebrity kinfolk? Don't you want to know? Maybe you can't put down your iPhone because Alexander Graham Bell is your eighth great grand something? Or you love burnt toast because Dr. Wilder Penfield's blood flows through your veins. Clearly, I have watched way too many Canadian Heritage commercials.

When you grow up in a trailer park like I did, you tend to stay away from researching your family tree for fear that the stereotypes might be true and you're missing a few important branches. But now I'm dying to find out.

What rich and famous cousins could I be mooching off like only family can?

I could spend my days lounging in cousin Shania's infinity pool. Then crash at cousin Keanu's guesthouse at night. Maybe cousin Seth Rogen could come over and we'll work on a movie script! And when my meddling 13th cousin Rachel McAdams starts asking when I'm going to get a "real" job, I'll storm off in a huff into the loving arms of my kissing cousin Ryan Reynolds. I'll cry into his hard-bulging chest and he'll comfort me with soothing whispers in my ear, while my cousin-in-law Blake Lively seethes with jealousy.

Who am I kidding? Knowing my luck, I'll be related to Pamela Anderson and have to lend her money to help pay her taxes.

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Olivier "Levi" Bélaire

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Mary Yvette Brown

Thomas Ray Gosling

Marie-Flavie Dion

Josephine Séguin

Osias Joseph Lavigne

Jean Claude Joseph Lavigne

Marie-Victoire Tremblay

Maurice Yves Lavigne

Patricia Mallette (mother)

Joseph-François-Amédée Breton

Estelle Germain

Diane M Henry

Marie-Alphonsine-Germaine Breton

The sexy cousin

Ryan Gosling

An 11th cousin once removed from Justin is none other then heart throb Ryan Gosling. The Oscar nominee and the Juno winner are related through Mahurin Roy and Marguerite Biré, who immigrated from France to Quebec in the mid-1600s.

The wild cousin

Avril Lavigne

Both Canadian singers, who started their road to stardom when they were teens, share a common family ancestor that goes back 400 years to some of Quebec's earliest settlers. According to Ancestry.ca researchers, Lavigne and the Biebs are 12th cousins.

Family sing-a-long anyone?

Celine Dion

If JB needs some family mentorship, he need look no further than the illustrious Celine Marie Claudette Dion. They are 10th cousins three times removed through Jacques Vezina and Marie Boisdon, who both immigrated to Quebec from France in the mid-1600s.

SOURCE: ANCESTRY.CA; ALL PHOTOS GETTY IMAGES

Twitter

Metro asked you to share interesting branches you have in your family tree. Here's what you tweeted:

@thepolishviking

#metrofamous A Danish ancestor of mine in the 12th century claimed he was a wizard on a census form...

@thelordjames

My ancestors were baptized by (and I believe related to) Menno Simons. The founder of the Mennonites #metrofamous

@BenBrown21

#metrofamous my great uncle is Sir Cedric Hardwicke #10comandments

@ILike42

Henry Ford (the car guy) great-grandfather's first cousin. #metrofamous

@SusanLougheed

my Gt Grandfather, Goldie Prodger played for the St Pats & scored the winning goal the 1st yr the Habs won the Stanley Cup

@GiovannaNicolai

Victtorio De Sica grandfather #metrofamous

@_unicorntears_

My partner's cousin is Noah Reid, star of 'Score: A Hockey Musical' and original voice of Franklin the Turtle

Tomorrow

You think this tree goes way back? How about 100,000 years back? Tomorrow we look at how microscopic mtDNA can tell you even more about how you got here.

- **Online.** Read this feature online in full throughout the week at metronews.ca/whoare

Cyber crime. Going away? Don't bank on the Wi-Fi

Travellers should be wary of cyber-threats on vacation as they access free wireless networks with their smartphones, tablets or laptops, says software security company Symantec Corp.

Canadians travelling for March break and into the summer season shouldn't be doing things like pulling up their bank accounts on Wi-Fi networks, said Lynn Hargrove. director of consumer solutions for Symantec Canada.

"What people don't realize is that there's no security on those Wi-Fi networks for the most part," she said. "It's a great way to keep in touch while you're on vacation, but there are some inherent risks that come with it that people just aren't thinking about."

Symantec has found that two in 10 Canadians pull up their bank accounts on free Wi-Fi networks in Canada.

According to the firm's 2012 Norton Cybercrime report, travellers are often victimized through their mobile devices while abroad, often by text messages.

Travellers should be more cautious about using free wireless networks while on vacation, a security firm says.
ANDREW WARDLOW/THE NEWS HERALD/ THE ASSOCIATED PRESS FILE

"We're seeing a lot of fraudulent texts asking you to click on a link or go and dial a number to retrieve a voice mail," Hargrove said.

And the wealth of information stored on a smartphone — pictures, texts, emails, contact lists, work documents, banking information — can be valuable to cyber-criminals if stolen or lost, Hargrove said.

THE CANADIAN PRESS

'Tablet for women' targets Middle East consumers

Pink, perky, pandering. Preloaded apps cover yoga, perfume, cooking and grocery shopping

LUKE SIMCOE
luke.simcoe@metronews.ca

The world's "first tablet for women," complete with a pink background and weight-loss apps, is being condemned as sexist.

Eurostar Group, the Middle East-based creator of the device, says the ePad Femme is designed for a woman's "diverse lifestyle." Based on the preloaded selection of apps, that lifestyle includes shopping for groceries, cooking and doing yoga.

Speaking with the Jerusalem Post, Eurostar spokesperson Mani Nair said the Android-powered device "makes a perfect gadget for a woman who might find difficulties in terms of downloading these applications." Nair insisted nothing about the tablet was sexist, and compared it to similar products geared towards gamers. However, others disagree.

The ePad Femme is being marketed as the "first tablet for women."
FACEBOOK/EUROSTAR GROUP

"There have always been special books for women concerning sex, how to please your husband, and what to cook for him," Eman Al Nafjan, a Saudi feminist blogger told the Post. "This is just using technology for the same thing."

In Saudi Arabia, women are often highly educated, but not allowed to drive or travel without a male escort. As a result, Al Nafjan says they spend a lot of time online and are fully capable of downloading their own apps.

"Whoever made this tablet doesn't understand us very well," she said. "We are home all the time and we are extremely tech-savvy."

Eurostar has sold about 7,000 units of the tablet since its October launch.

Quoted

"Whoever made this tablet doesn't understand us very well. We are home all the time and we are extremely tech-savvy."

Eman Al Nafjan, a Saudi feminist blogger, speaking to the Jerusalem Post

New agreement

Ottawa gives Air Canada time to fix pension shortfall

A move by Ottawa to help Air Canada deal with a $4.2-billion deficit in its pension plan gives the airline some breathing room as it works to launch a new discount service. But the rules imposed on Air Canada in exchange may turn off other firms looking for the same help with their pension plans.

THE CANADIAN PRESS

Proposed rules

EU measures aim to help stranded airline passengers

The EU is considering beefed-up measures to help stranded airline passengers get compensation and find quicker ways to get home. EU Transport Commissioner Siim Kallas said the rules would mean that if carriers can't reroute passengers themselves within 12 hours they must find another airline or other transportation.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.34¢ (-0.12¢)

TSX 12,744.11 (-134.47)

OIL $92.52 US (-2¢)

GOLD $1,588.40 US (-$3.30)

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CURLY FRIES STRAIGHTEN THINGS OUT

HE SAYS

John Mazerolle
metronews.ca

After a nonstop string of feel-good stories and glowing press, Facebook — the little company that could — has finally been hit with some criticism.

The heretofore infallible website stumbled into the media spotlight for the first time this week when it was revealed that its users might have reason for some — wait for it — privacy concerns. It turns out that hitting "like" on certain Facebook groups or events can reveal more about you to advertisers than might be apparent.

Strike 1, am I right?

A University of Cambridge study (like it on Facebook!) showed that running somebody's Facebook likes through a computer program could give you a decent indicator of that user's gender, race, religion and sexual orientation, not to mention their favourite colour, tooth health, Super Mario high score, social-security number and how good they are in bed (within five per cent).

You might be tempted to call it a modern-day horoscope, but it's just the opposite, because it works.

For instance, it was shown that you could predict a high-IQ in a user if they liked thunderstorms, The Colbert Report, science and curly fries. Facebook users who liked the group Eating Curly Fries While Watching Thunderstorm Science on The Colbert Report were mostly employees at the CERN particle accelerator in Geneva.

(It should be noted, though, that the spuds-smarts relationship might just be a coincidence, highlighting the classic logical fallacy of mistaking curly fries for causation.)

The researchers said that most of the computer's predictions were made through indirect connections — it wasn't guessing people were homosexual and Muslim because they liked Homosexuality is Halal (real group!). Instead it was, for instance, successfully predicting homosexuality from choices such as liking the TV show Glee.

I'd argue the bigger privacy concern for somebody who "likes" Glee is the fact it reveals you like Glee, but what do I know?

Other than the twist of the curly fries (ha!) this all seems straightforward to me. Many media outlets played up the report as if it was a shocker, but if you haven't figured out by now that Facebook is going to peruse, parse and package your information any way that it sees fit, then there's a Brooklyn Bridge auction on eBay we should discuss.

I'm no fan of Facebook. It's clear from their many previous transgressions that Facebook (like Google) thinks privacy is passé, maybe even dishonest. The site's new graph search that allows you to search for, say, "friends of friends who live in California and like Katy Perry and Nine Inch Nails" (23 results!) is so fascinating/icky that it feels like a new type of pornography.

But it shouldn't be a surprise anymore.

People will always have the right to raise privacy concerns, and the right to disconnect from Facebook, but if you're surprised by their disregard for your privacy after almost a decade then there's only one solution: Eat more curly fries. All will become clear in time.

ZOOM

Torrential photography

TOMÁS BOGÓNEZ/SOLENT

Tornado is illusion under acidic water

It looks like a giant tornado is causing mayhem in the sky, but this image is simply the reflection of a river running through a mine.

To create this stunning moment, photographer Tomás Bogónez has rotated the picture to appear like a huge fiery cyclone. The image was taken in Río Tinto river in Huelva, southwest Spain. METRO

Upside-down view

"The texture of the river was mind-blowing, the bright colours and the reflection of the river were amazing to see."

Tomás Bogónez

Colours are metals and minerals

The area around Río Tinto has been mined for more than 5,000 years. After centuries of exploiting the site, the waterway has become very dense, acidic and low in oxygen.

NASA scientists have even studied the ecosystem because of its similarities to Mars. The river's vibrant hues of red, ochre and violet are caused by the dissolved metals and minerals. METRO

Clickbait

ANDREW FIFIELD
metronews.ca

Twitter's perpetual parade of parody accounts never fails to keep us mildly amused. Check out this trio of lowlights from yesterday's conclave to see if they stuck the landing after the new Pope was announced.

@ConclaveManCave

Formerly used as the account of a hostile Ryan Gosling before becoming an all-caps F-bomb bot, a name change and a flame-broiled popemobile provide a new home for tedious bro jokes.

@PopeSeagull

The superstar bird started with promise, appointing himself pontiff to set the stage for decrees on how a bird would run things at the Vatican. Sadly, it was followed by food jokes.

@Vatican_Seagull

Hashtag-bombing location updates filled the gaps between thoughts on NFL free agency and pleas to celebrities for TV drama guest roles.

Letters

Fair trade Easter

Consumers often contribute to the better well-being of other people in the world. This was true with fair-trade coffee and is becoming more and more true with other fair-trade goods, such as chocolate.

The purchase of fair-trade-certified products has important consequences.

It allows many producers to receive reasonable prices for their products and numerous workers and producers to climb out of poverty. It also has positive impacts on the environment.

About 200,000 slave children work on farms and cocoa plantations, some against their will, in the Ivory Coast, which is the world's leading producer, supplying 35 per cent of its cocoa. The working conditions can be extremely dangerous, and living conditions can be very poor.

We should all work towards a world where solidarity is at the heart of economic development. A fair-trade Easter would be an immense step in this direction.

Bruno Marquis, Gatineau, Que.

WE WANT TO HEAR FROM YOU: Send us your comments: ottawaletters@metronews.ca

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Homebased is a hip-hop trio from Ottawa set to drop their debut LP Get Busy this Saturday night at Ritual nightclub. CONTRIBUTED

Homebased to Get Busy

Album release.
Ottawa-based lyricists back with honest and introspective material following their 2009 EP release

SAMANTHA EVERTS
scene@metronews.ca

Developing their rap skills after meeting in high school, Ottawa hip-hop crew Homebased had their headphones turned up to "Golden Era" artists like Black Star and Mos Def for almost 15 years.

"We rap-battled each other just for fun back then," said MC Liam "Betavel" Kendall. Kendall and fellow MC Tom "Textile" Bent and DJ Kane "B" Beard make up Homebased.

But the time for schoolyard battles is over and the trio is getting down to business with their first LP release Get Busy at Ritual on Saturday.

Since 2008 they have shared stages with Canadian hip hop stars Swollen Members and Eternia.

"It was perfect to have Kane B come into the scene and bring Homebased as a whole together with his beats and style," said Kendall.

After sitting on some songs since their EP Worldwide was independently released in 2009, Kendall is excited to share new music. "It's the accumulation of the last three years work," said Kendall of the 13-song album recorded at a home studio. "We want people to appreciate the countless hours we've poured into it all," said Kendall.

With an honest and introspective style of lyric-writing, the group raps from what they've experienced firsthand living in Ottawa. For Kendall, expressing themselves in rhymes allows them to ask the big existential questions — such as in the lyrics from What I Do, "I gotta figure out the better man I need to be better than."

This song was the most challenging one for Kendall to complete because, "It was like self-examination of our music career (as struggling independent musicians)," said Kendall.

Kendall is most proud of Shut 'Em Down, a dance-orientated track that will get Talib Kweli fans moving. "From the first time I heard that beat I knew that this was a hit. It sounds crazy on stage and it's that one song that I'm like YES, let's do this!"

This love will go on

"The basis of the group itself is our love of hip hop."
MC Liam "Betavel" Kendall of Homebased

Delivered with energetic duality between the MCs, the song features a cool vocal loop with heavy scratching from mixmaster Kane B.

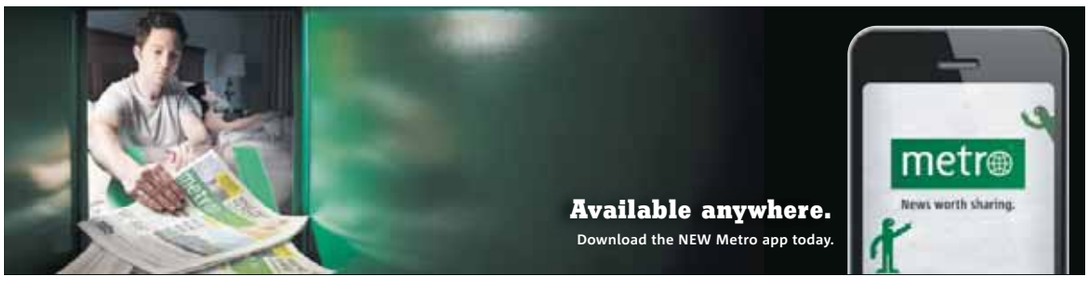
Local hip-hop groups Atherton and Flight Distance also joined them as guest artists on Get Busy and will be performing at the release party on Saturday night. "Those guys are our inspirations at the same time as Ottawa's a big influence," said Kendall.

Homebased is currently planning a late spring tour.

"We want to inspire Ottawa itself," said Kendall. Artists who made guest appearances on the album will be joining them for their release party.

If you go...

- **Album release party.** Saturday, March 16 at Ritual $5/ 19+ 9 p.m. with Ghettosocks, Jeff Spec and Atherton opening
- **Info.** homebasedcrew.com



SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 22

What happens in Vegas stays with you

The Incredible Burt Wonderstone. Jim Carrey talks about jerk magicians and the difficulties of shooting a film in Las Vegas

NED EHRBAR
Metro World News

Steve Carrell, left, Steve Buscemi and Jim Carrey star in The Incredible Burt Wonderstone. BEN GLASS/THE ASSOCIATED PRESS

For Jim Carrey, filming and promoting The Incredible Burt Wonderstone has meant spending a lot of time in Las Vegas, a truly unique city that apparently has quite the effect on the comic actor.

"There's everything here. You can't pinpoint it, this big Vegas glitzy thing. When you look out on the strip, it's blinding the energy that they have," Carrey says.

"I'm not a gambler, not the Sin City part of the deal. I like the shows."

One thing he doesn't like, though, is all the filtered air.

"I like being on the street in Vegas. I have trouble in the room," he says. "Nobody puts a window in that you can crack. I just get dryer and dryer. By day three, I'm beef jerky. I have crazy dreams here. Last night I had a dream that I had been shrunk down to the size of an insect and I was swallowed by a hungry giant and I went through his esophagus and into his stomach, and I was burned by his juices. By the time I got to the lower intestines, I wasn't anything that I could recognize. ... I woke up at ... the cashier at Bally's begging for another line of credit. I don't know if it was the Ambien or I have a gambling problem. If someone could give me $500, I swear I'm good for it. Seriously."

In The Incredible Burt Wonderstone, Carrey co-stars as Steve Gray, a Criss Angel-inspired edgy illusionist at odds with Steve Carell's more traditional titular magic man. While Gray and Wonderstone battle it out for a high-profile gig on the Strip, Carrey remembers his own days playing Vegas.

"I used to perform here with Rodney Dangerfield years ago at Caesar's. I used to open for him," he remembers. "I brought my dad down to the see the show. To see your name up on that big sign is such a thrill. 'Wow, I'm really here.' Then I had a shift and got away from impressions and I started dressing weird with spiky hair and started imitating cockroaches avoiding vacuum cleaners. I totally lost the audience, which of course I planned to do from time to time. Rodney Dangerfield used to stand backstage and howl with laughter at my failure. I'd come off stage and he'd say, 'Man, they're looking at you like your from another planet.'"

As for magicians, Carrey admits he hasn't always been the biggest fan.

"There's not a lot of differences between magicians and actors, although I think magicians are a lot more arrogant," Carrey says.

"That's what bothered me about magicians growing up. I was always fascinated by it growing up, they're kind of like, 'Abracadabra, you're an idiot!' They don't let you in on the joke. Comedians are in on the joke — unless you're Andy Kaufman."

Crazy Carrey

Setting the record straight

Jim Carrey is known for some bizarre behaviour — as his very active Twitter feed can attest. But over the course of his career, that reputation may have gotten a bit out of hand, he admits.

"The craziest rumour that I've heard about myself is that I have an iguana and that... it's written that I have to have a chef for my iguana," Carrey says. Total nonsense?

Well, not completely.

"I had an iguana, but I didn't have a chef for him."

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Post-surgery, Lady Gaga got some shiny new wheels. ALL PHOTOS GETTY IMAGES

Lady Gaga: the woman with the golden wheelchair

Lady Gaga is recovering from hip surgery in style.

The singer reportedly tapped designer Ken Borochov for a custom 24-karat gold wheelchair, according to E! News. "I certainly wasn't expecting that phone call and have never done a wheelchair, but am always up for a challenge and was thrilled to create what I affectionately dubbed the Chariot, a chair for a queen," Borochov says in a statement.

Hawaiians: watch out for nude, singing stars in a backyard near you.

Dream on, paparazzi: new Hawaiian law named after Aerosmith singer

Hawaii's state senate has passed the Steven Tyler Act, which gives celebrities the right to sue paparazzi over unwanted photos and videos taken of them, and the man for whom the act is named couldn't be more thrilled. "(In Hawaii,) they are allowed in with their lenses and they get the most intimate of shots. Not on my watch," he tells Billboard. "Now at least Joe (Perry) and I can go to Maui and walk around naked in the back lawn and write some crazy songs."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

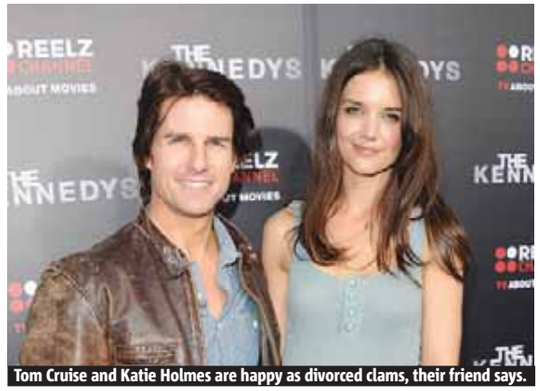
The Word

Twitter joke makes Beliebers go Wilde

Olivia Wilde has learned the hard way not to criticize Justin Bieber, as her post to Twitter earlier this month imploring the pop star to "put your f–ing shirt on" earned her more than 17,000 angry responses from Bieber fans.

"It's pretty much the funniest thing that's ever happened to me because my Twitter feed is now filled with the most hilarious abuse," she says during a visit to the Tonight Show with Jay Leno. "One of them was like, 'Are you a lesbian or are you too old?' That's great, because it's a question I never asked myself before."

Wilde is making light of the threats to her safety, telling CNN, "I'm going to get attacked with acid. Someone's going to throw acid in my face. If that happens, there are 35 million Beliebers that did it, so find them."



Tom Cruise and Katie Holmes are happy as divorced clams, their friend says.

Tom and Kate are doing just swell after split, says mutual friend

Apparently getting divorced was the best thing to happen to Tom Cruise and Katie Holmes, at least according to director Adam Shankman, who is friends with both.

Shankman tells Us Weekly that since the couple's high-profile split last summer, the two are doing just swell.

"They are incredibly happy," Shankman says. "I've just been emailing with him. He's coming back. He's shooting (All You Need Is Kill) in London and seems as happy as a clam. I know he sees his daughter." As for Holmes? "Katie seems really happy," Shankman adds.

Twitter

@TheSlyStallone
No S. Seagal, sorry ,but maybe we get lucky with J. Chan! And some young bloods!!! (on the cast of the Expendables 3)

@kirstiealley
Oh who cares if we swear ?? They are just words ... just letters arranged in a fashion to sound tough or cool or angry.

@rebelwilson
I'm not too famous to eat crumbs off my chest x

@CharlieSheen
hashtag chefkla hashtag winning hashtag grinning hashtag keptyourjob hashtag bravo hashtag breakfast

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SHOPPERS DRUG MART

Diet Coke's 30th anniversary bottles and cans are getting some fashionable fizz with the help of designer Marc Jacobs. The toy-soldier-sized New Yorker talks sex, Kate Moss and refusing to compete with Tom Ford.

RICHARD PECKETT
Metro World News

How to open up a can of kickass

Marc his words.
The fashion world's favourite bad boy takes a moment from his mid-life crisis to chat with Metro

Jacobs' Diet Coke designs were inspired by three decades of female empowerment: the '80s, '90s and '00s. PROVIDED

Next month you'll turn 50. What do you have planned for your mid-life crisis?
My mid-life crisis has been going on for 20 years. I don't see it as a crisis at all. I think it's quite an adventure — not a crisis for me. I'm not going to buy a Corvette or anything like that — I guess that's someone else's mid-life crisis.

You've said you don't have any big party plans but you seem to enjoy wearing some pretty outrageous outfits like that pink polo shirt dress. Do you enjoy getting dressed up?
I do enjoy it. I love attention. I'm very honest about it. There were years where I just didn't want to do press and I didn't really care about my appearance and I sort of shied away from things like that. But in order to enjoy them, I have to be me and sometimes that means wearing a pink dress, a lace dress or a kilt. Also, I feel like I need to relate to that joy and that ritual of going shopping and finding something to wear and then wearing it. I think being connected to that makes me a better designer. It's sort of like practising what you preach. I wouldn't really be doing my job if I didn't do that.

What's your relationship like with Kate Moss?
Kate Moss? She just texted me. We've been on holiday together. We were in Ibiza a few years ago with her daughter (Lila Grace), (photographers) Mert (Alas) and Marcus (Piggott) and some friends of mine. I've spent a great deal of time with Kate over the years. We genuinely like each other — we just click.

Your last Louis Vuitton shows had sexual undertones. How does sex influence your work?
Sex is a big part of my life. It's a very big part of most people's lives whether they want to admit it or not. I don't know, sometimes when collections feel more personal there's more of an undercurrent of things that are of an emotional nature. When I dream, there's this darkness, this melancholy side, there's this sexual tension and then there's this kind of identity thing that goes on. An element of role-play and honesty. In the collections that I feel most proud, there are personal feelings and emotions that make it human.

You're in great shape and so is Tom Ford. Who's the bigger stud and why?
I don't know. I don't compete with Tom Ford. Tom's a friend of mine and I think Tom's terrific. He's a great looking guy and all of that but I certainly don't set out to compete with Tom (laughs). I wouldn't compare anything of mine to anything of his.

Are there too many designer collaborations?
No, no. It's always a two-way street. If nobody had any interest in designers doing cans and bottles for Coca-Cola, then Diet Coke wouldn't ask designers to do it. It's about supply and demand.

Do you think that fashion houses are creating too many collections these days?
It is too much but I don't actively participate in all of it to the same degree. I know when I'm most needed and that's when I rise to the occasion and I don't think any one person does do that much. They might say that they do but they don't.

Cigarettes, coffee and Diet Coke, would you say that you've got an addictive personality?
Well, let's not put cigarettes in the same category as Diet Coke. Hmm, cigarette smoking is my bad habit, I'd say. It's my biggest vice and bad habit — I don't recommend it.

Decades of Diet Coke

Eighties girl power

The nineties go glam

The sporty noughties

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A balance of sweet and tart that's suited for any time

Lemon Poppy Seed Loaf

This recipe serves 16. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

This is a delicious and versatile loaf that can be served at breakfast or brunch or for dessert at dinner. If you prefer muffins, just spray 12 muffin cups with vegetable oil, pour in the batter and bake in a 375 F oven for 15 to 20 minutes.

1. Preheat the oven to 350 F. Spray a 9-x5- inch loaf pan with cooking oil.

2. For cake, combine the granulated sugar, oil, egg, lemon rind and 3 tbsp juice in a large bowl or a food processor. Mix well. Add milk, mixing thoroughly.

3. Combine the flour, poppy seeds, baking powder and baking soda. Add to the wet mixture alternately with the yogurt, mixing just until incorporated. Do not overmix.

4. Pour into the prepared pan and bake for 35 to 40 minutes, or until a tester inserted in the centre of the cake comes out dry. Set the pan on a rack to cool for 10 minutes. The centre of the cake may sink slightly when it cools.

5. For a glaze, combine the icing sugar and 2 tbsp lemon juice. Prick holes in the top of the loaf with a fork or wooden skewer and pour the glaze over the loaf.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 3/4 cup granulated sugar
- 1/3 cup vegetable oil
- 1 egg
- 2 tsp grated lemon rind
- 3 tbsp freshly squeezed lemon juice
- 1/3 cup 2% milk
- 1 1/4 cups all-purpose flour
- 1 tbsp poppy seeds
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 cup 2% yogurt or light sour cream
- 1/4 cup icing sugar
- 2 tbsp freshly squeezed lemon juice

For your phone

Healthy Desserts by Green Kitchen (iPhone/iPad; $1.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Snacks with a rich taste can still be healthy thanks to natural sweeteners. Espresso Macaroons, Chai Brownies and Apricot Toffee are among 48 recipes offering sugar-free and gluten-free temptations.

Popping something good

1. Heat empty cast-iron Dutch oven over low heat 2 minutes.

2. Add enough olive oil to the pot to thinly coat the entire bottom. Add a single layer of popcorn kernels. You want them to be touching but not more than one layer thick. Increase the heat to medium and place the lid on the pot. Wait until popping begins, then turn the heat down slightly.

3. Shake the pot every 30 seconds or so. Start shaking a bit more when the popping starts to subside. When the kernels stop popping in unison and you only hear one pop every couple of seconds, it is done.

4. Pour the popcorn into a large bowl. Season generously with the toppings listed below, or another one of your favourites. Toss the popcorn in the bowl and sprinkle with additional seasoning several times to make sure you have an even coating. Serve immediately or let cool.

Jazz up your popcorn with unique toppings. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 to 3 tbsp olive oil (depending on the size of the pot)
- 1/3 to 1/2 cup popcorn kernels (depending on the size of the pot)
- Fine-grain sea salt or other seasoned toppings

Wet Popcorn Toppings

Be certain to spread the popcorn flat on a baking sheet before adding wet toppings, then let it set before serving.

- Melted chocolate
- Melted chocolate and peanut butter
- Melted caramels and a pinch of salt

Dry Popcorn Toppings

- Maple sugar and crispy bits of smoked bacon
- Mini marshmallows, chocolate chips and peanuts
- Mini M&Ms, chopped roasted almonds and dried coconut
- Ragin' Cajun Spice mixture
- Lemon-pepper salt
- Italian spice blend and finely grated Parmesan cheese
- Truffle salt
- 1 cup finely grated Parmesan cheese
- Barbecue rub

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, GRILLING AND SOUTHERN FOODS EXPERT AND AUTHOR OF SOAKED, SLATHERED AND SEASONED

Snack. Tropical Granola

Enjoy this granola anywhere, even on the run.

1. In saucepan over high heat, bring juice beverage to boil and boil until reduced by half. Let cool slightly. Stir in honey, maple syrup and oil. Set aside.

2. In large bowl, stir together oats, coconut, banana, pineapple, almonds, macadamia nuts, apricot, mango, pumpkin seeds, ginger and salt. Pour juice mixture over top; toss to coat.

3. Spread evenly on 2 greased or parchment paper-lined rimmed baking sheets. Bake in 325 F (160 C) oven for 30 minutes, rotating pans and stirring once, or until granola is golden.

NEWS CANADA/ MINUTEMAID.CA

Ingredients

- 1 cup Minute Maid Chilled Mango Juice Beverage
- 1/3 cup liquid honey
- 3 tbsp maple syrup
- 3 tbsp vegetable oil
- 4 cups large-flake rolled oats
- 11/2 cups unsweetened coconut flakes
- 1 1/2 cups dried banana chips
- 1 cup chopped dried pine apple
- 1 cup whole raw almonds
- 1/2 cup coarsely chopped macadamia nuts
- 1/2 cup chopped dried apricot
- 1/2 cup chopped dried mango
- 1/3 cup pumpkin seeds
- 1/2 tsp ground ginger
- 1/2 tsp salt

SPECIAL INFORMATION FEATURE

March break maple madness

SAMANTHA EVERTS
For Metro

With March break in full swing why not take the kids outside for a natural sugar high? There are plenty of maple syrup sugar bushes in the Ottawa Greenbelt ready to show your family around and let you taste some of that liquid gold.

The Fulton Family Pancake House and Sugar Bush, located between Almonte and Pakenham, boasts over 400 acres of forest from which the sap flows. Admission to the grounds and self-guided tours of the forest are free but you'll likely build up an appetite talking to their sugar camp syrup expert so a visit to their large everything-maple restaurant or shop is recommended. Open daily until April 21. fultons.ca

You can be surprised as to what's in your backyard and the Log Farm Sugar Bush is a welcome one (also known as Bradley Lodge). Just off of Huntclub Road in Barrhaven this treasure of a heritage farm is run by a not for profit.

Children can visit with the friendly barnyard animals in the original 1850s barn or follow the direction path of silver can-adorned trees to discover how sap changes to syrup. Pancakes and more served at their restaurant. Open daily during March break and during weekends. Visit lonestarcatering.com/Ranch-History.

In Lanark County Wheeler's Maple Sugar Camp are more than taffy producers and winter activities, they also have a museum dedicated to its history in Canada. There are nature trails to go snowshoeing or cross-country skiing on. After a maple-packed lunch stroll through the 15,000 tapped Maple trees and wonder how Canada ever existed without that sweet elixir. Visit wheelersmaple.com.

Six wines that are sure signs of spring

IF I HAD $100 ... TO SPEND AT VINTAGES

SUSAN DESJARDINS
For Metro

While the weather is still wintery, there are signs that spring is around the corner when refreshing white wines and rose wines are featured at the LCBO in the Vintages section of the store. Here's my shopping list and at these prices, I found six wines for under $100.

Balthasar Ress'Hattenheimer Schützenhause' Riesling Kabinett 2011, Germany (LCBO #735241, $17.95)
A dry white wine - slightly spritzy - with flavours of citrus, stone fruit, mineral and herbs.

Cave de Hoen 'Heimberger' Brut Rosé Crémant d'Alsace, France (LCBO #168948, $16.95)
This bubbly rosé is crisp with delicate aromas and flavours of red field berries

Malivoire Riesling 2011, Niagara (LCBO #277438, $15.95)
A fruity & refreshing light bodied white wine with lemon-lime, ripe apple and mineral flavours.

Rockway Vineyards' Small Lot Reserve' Red Assemblage 2010, Niagara (LCBO #321893, $16.95)
An approachable red blend of Cabernets & Merlot makes a lush & flavourful wine.

Château Hauchat 2010, France (LCBO #123489, $14.95)
A fragrant & complex red wine made with predominantly Merlot is tasty with plum and cherry/berry flavours.

Nuova Cappelletta Barbera del Monferrato 2010 (LCBO #719518, $16.95)
Great with pizza or pasta! Red berries, vanilla and spice mingle in this structured, balanced organic red wine.

GRAND TOTAL: $99.70
FOR MORE ABOUT THESE AND OTHER WINES, SEE SAVVYCOMPANY.CA.

Welcome spring and St. Paddy's Day

SEASONAL SIPS
Allyson Bycraft
For Metro

First Day of spring, March 20: Choose a white wine with some meat to it to greet the spring, as it slogs through the dregs of winter. Gruner Veltliner is the signature grape of Austria, and the **Loimer Gruner Veltliner 2011 (LCBO # 142240 , $19.95)** is a fuller style version of the grape known for its affinity to all kinds of dishes, and for its trademark white pepper notes. The bright label will put you in mind of the fresh green shoots that are on their way. Available Saturday at Vintages.

St. Patrick's Day, March 17: If green beer is not your thing, how about a nice, rich red wine to warm the cockles of your heart? **Guigal Saint-Joseph 2009 (LCBO #30031, $31.95)** is a Syrah from the Northern Rhone Valley region of France. The Saint Joseph appellation doesn't always produce the best wines compared to nearby Hermitage and Cote-Rotie, but in the hands of Guigal, one of the Northern Rhone's best producers, and in a stellar vintage like 2009, expect something complex and delicious. Available Saturday at Vintages.

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Five tips to ensure you get your deposit back

Renters, don't let your love affair with wallpaper prevent you from getting your hefty security deposit check back at the end of your lease.

You have to be smart tenants. Kari Taylor, director of rental insights at Rent.com, tells us how.

Time to move on? Feel good about getting your deposit back. HANDOUT

Read your lease

"This may seem like common sense, but so many renters miss the specific guidelines laid out by their landlord regarding the return of their deposit," she says. "A list should be made and agreed upon regarding the conditions of the apartment in the lease — before you sign it."

Take pictures of something other than food and sunsets

"Take some photos of the apartment when you first move in," Taylor suggests. "Make sure they are time- and date-stamped! Then repeat the process on move-out day. This way pre-existing damage is documented and the blame cannot fall on you."

Ask before you paint the walls red

"When renting, it is always best to get written permission from your landlord before doing any renovations, changing paint color, etc."

The pet amendment

"Landlords will often bend some of their lease rules for a trustworthy tenant or a special circumstance. If you agree upon an amendment to the lease (your miniature pooch can stay on the premises) make sure you both sign it and date it and, if at all possible, get the amendment reworked into the paperwork.

Tidy up

"While you may think you're as clean as a whistle, your landlord may not agree," she says. "It may be worth hiring a cleaning service upon move-out day just to cover all your bases. The $100 clean up may save you the aggravation of an argument and security deposit dispute down the line."

Work with your landlord

"There is no guarantee that a landlord will negotiate you breaking your lease, but maybe there is a compromise that can be met. For instance, you could help find a replacement tenant."

METRO WORLD NEWS

Return to formal: Downton Abbey inspires decor

Gilt and flourishes.
Here's how to bring that aristocratic look into a modern home

Downton-Abbey-inspired decor with vintage portraits and gold finishes is shown in this living room. THE DECOROLOGIST/KRISTIE BARNETT/THE ASSOCIATED PRESS

Intrigued by the drama and inspired by the sophistication of British aristocrats in Downton Abbey, some fans are plotting to bring the series' style into their own homes, from gilded finishes to opulent upholstery to portrait paintings.

"We've gone so casual in the last decade in terms of home decor. I think there is a desire to be a little more formal, or a little more glamorous," says Kristie Barnett, an interior design blogger in Nashville, Tenn. "That doesn't mean it can't be family-friendly."

Downton Abbey, in production for its fourth season, features the noble Crawley family "upstairs" and its servants "downstairs" in a sprawling country estate. The characters are struggling to bring the estate and their traditional sensibilities into the 1920s, a time of social and political ferment.

Ornate drawing rooms, flowing boudoirs, vibrant gardens and crisp, clean servants' quarters make up the gorgeous backdrop for the PBS Masterpiece melodrama.

Gilded for glamour

One of the simplest ways to achieve the "upstairs" look of Downton Abbey is to apply gold metallic paint for a gilded finish on wood furniture, picture frames, mirror edges and other decorative items, including bookends and lamp stands.

In her living room, Barnett, who blogs at TheDecorologist.com, used gold paint to make a barley-twist coffee table appear worthy of nobility. Golden candlesticks and a crystal doorknob atop piles of books finish the look.

Furniture with flourish

Richly upholstered settees, footstools, chaise lounges and Bergere chairs can add a touch of bygone beauty, but you should allow plenty of space for more livable pieces such as a traditional sofa. If you can't afford new furniture, consider adding silk or damask throw pillows.

Tapestries and oriental rugs can be affordable and add the feel of affluence. Check out etsy.com for Downton Abbey-style fabrics and textiles.

Lovely lighting

Another easy way to achieve the upstairs style, while keeping things practical and comfortable, is to hang an ornate light fixture or chandelier.

Affordable plaster or stencil medallions placed around light fixtures can be another eye-catching element.

Or you can use candlelight, which will bounce off mirrors, glass and crystal, creating the sort of warm glow that makes the Crawleys' multi-course dinners look so enticing.

Wonderful windows and walls

The return to detail and decoration includes opulent upholstery, drapes and wall coverings, says Maxwell Gillingham-Ryan, founder of ApartmentTherapy.com.

"People seem to be ready for more and more luxe materials and dramatic finishes," he says. "Even wallpaper, which was trending modern, is back to classic floral patterns and English traditionalism, but often with a bit of a twist."

Painted walls are darker, with a gloss finish, experts say. You can create the upper-crust feel with bold jewel tones, including emerald and sapphire.

Also in the traditional Downton Abbey palette, says Mary Lawlor, manager of colour marketing for Kelly-Moore Paints, are refreshing pastels and creams. One of the mansion's expansive drawing rooms, for example, features a pale green wallpaper further softened with richly upholstered furniture in a mix of rose and classic ivory.

Lure of the library

While many elements of Downton Abbey style have a feminine appeal, there's no mistaking the bold, masculine feel of Lord Grantham's library. Add jewel-toned leather furniture or leather throw pillows to your reading areas for a twist to the muted espresso brown that has been popular in recent years.

Consider turning a little-used dining room into a study, using the table as a hearty desk fit for the lords and ladies of your home.

THE ASSOCIATED PRESS

Products working hard season to season

As winter slowly melts away and the thermometer steadily rises, we start dealing with that in between weather, where the temperature can be unpredictable. But now the boundaries between interior and exterior furniture and equipment are coming together in style and functionality. Here's a group of useful home decor products that not only live up to good style but also serve us well, whatever Mother Nature throws at us.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Black-out drapes

Keep cold drafts away during winter months and cut the bright summer sun with a drape that's right on trend. This light silk/satin drape with a block-out liner is affordable and stylish. Tip: In order to keep maximum light out, overlap the sides and top of your window by six inches to guarantee light doesn't creep in.

AZUKI Blackout Drape, from $30, bouclair.ca

Hot-cold fan

Add a little heat on those still-chilly nights and when summer arrives switch this all-in-one heater-fan over to a cool breeze. No visible heating elements or fan blades gives this a fresh, sleek style.

Nickel finish Dyson Hot + Cool fan heater, $450, dyson.ca

Entrance organizing

Whether inside or out, a place to organize is always welcome. A bench, storage and hanging combo not only looks good but also keeps you organized. Durable enough for outside yet streamlined enough for in the house.

The APPLARO bench is a perfect place to perch. $149, ikea.ca

Heated trivet

Go from cosy indoor entertaining to dining alfresco with a microwavable hot plate. Just a quick zap for two minutes keeps it hot for up to an hour.

Mastrad Microwavable Hot Plate, $50, sears.ca

Trendy pillows

Take the hot looks of inside to the great outdoors without worry — these indoor/outdoor pillows are water and fade resistant! Tip: Use indoor/outdoor fabric items for their durability in heavy-use spaces like kids play areas and recreation rooms.

Lattice Pillows, $30/set of two, homesense.ca

Grilling from inside to out

Use as an electric grill in your kitchen or on the patio. A 1,600-watt electric grilling element offers plenty of fast heat for grilling and cooking.

George Foreman Indoor/Outdoor Electric Barbecue Grill. $130, bedbathandbeyond.ca

METRO CUSTOM PUBLISHING

THE REAL ESTATE EDGE
BY MARNIE BENNETT

W.O.W. April 3, 2013

Women On Wealth Workshop

Have you ever taken a look at your personal finances and thought, "I should be doing better than this"? Trust me, I've been there.

As a young mother of three small children, earning my degree and managing a busy household, I struggled on my way to becoming a successful businesswoman. I can relate to the sacrifices, the uncertainties and the self-questioning that so many women mention when they talk with me.

I created the Women On Wealth (WOW) Workshop because I truly believe that women can be empowered through effective management and investment of their financial resources. Of course, while some of us are ready to jump into the investment world with both feet, others feel more tentative about taking the plunge.

That's why the WOW Workshop is designed to help women at all stages of the investment journey. Whether your resources are small or substantial, we'll give you guidance and support to help you pursue your goals, maximize your wealth and, along the way, discover your own hidden strengths.

We work to provide women with straight-forward investment information and advice, and help them develop a blueprint for their own financial success. But the WOW Workshop goes beyond that. It's also a forum for women to connect, to share experiences, to be completely honest and to feel supported by one another. It's our goal for women to come away feeling they've learned something that can genuinely transform their lives.

Register at ottawarealestateedge.com to attend the April 3, 2013, Women On Wealth seminar!
You could be the lucky winner of two tickets to see **Oprah LIVE** at Scotiabank Place on April 10, 2013.

BENNETT PROPERTY SHOP REALTY

Marnie Bennett, broker, marketing director for Bennett Property Shop Realty, a full premium service real estate brokerage specializing in marketing and selling new and resale homes, condominiums and investment real estate.
OTTAWAREALESTATEEDGE.COM

Can't find your wallpaper? Create it online

Decor. Creating custom fabrics and wallpapers is now as easy as logging onto your computer and using your imagination

When Renee Pedro bought a house with mid-century decor, she decided to embrace the look.

Drawing inspiration from the 1963 Philco oven in her kitchen, she began hunting for towels and table linens with a mod '60s vibe to complement the appliance.

"That oven was my style. My thing," said Pedro, of Philadelphia.

She was disappointed by the lack of choices, and in 2009 began looking for a way to create her own textiles to decorate the kitchen. "I couldn't find something that fit my esthetic, so I decided to make it," she said.

After a year of looking online, she found a company that would allow her to design her own fabric. Now she runs her own online business, Crashpad-designs.com, selling tea towels, pillow cases and table linens in mod, bright, geometric or flowered patterns that she designs herself.

Many companies have begun to offer consumers the chance to create custom fabrics and wallpapers.

Advances in printing have made it more affordable to create small runs, and to make high-quality products faster and cheaper, said Aaron Kirsch, president of Astek Wall-covering Inc. in Van Nuys, Calif.

He sells directly to consumers via his company's website, Designyourwall.com.

The company also makes custom products for the fashion, hospitality and motion picture industries. Demand for the custom products has been steadily rising, Kirsch said.

"Custom wall covering ... has gone ballistic," he said.

Homeowners can create their own wall covering for about $6.50 a square foot, he said.

Custom fabrics run about $18 to $30 a yard, said Rysa Pitner, founder of Fabric on Demand in Los Angeles.

Custom options appeal to "individuals who love to author their own stuff," she said.

You can upload photos, original artwork or computer-generated designs on her company's website, Fabricondemand.com.

Some manufacturers have designers who help customers develop the look they want.

Do-it-yourself designers can usually preview the order online or order a sample piece.

It normally takes less than a month for orders to be processed.

The websites also have a wide variety of premade patterns available.

Creating rolls of wallpaper for an accent wall or producing yards of fabric to make curtains, bedding or furniture covering allows homeowners to create layers of design that contribute to the look they are after, added Los Angeles designer Kate Albrecht, who runs the website Mrkate.com.

"It's a layered look where they feel like each little element of a room speaks about their personality," she said.

THE ASSOCIATED PRESS

Shop owner J Frank, left, and Sarah Rowland with the wallpaper she designed for Dixie Donuts in Richmond, Va. The owners asked Rowland to design a custom wallpaper for an accent wall.
SARAH ROWLAND/JAY PAUL/THE ASSOCIATED PRESS

Do-it-yourself

"I couldn't find something that fit my own esthetic, so I decided to make it."

Renee Pedro, Philadelphia shopper turned fabric designer, creator of crashpad-designs.com

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ISTOCK

HOW TO END A TENANCY

When a tenant decides to move, they must provide a written notice of termination to the landlord. In most cases, this is a 60-day notice. The termination date must be the last day of their rental period or their lease, even if this is more than 60 days.

For example, if it is a monthly tenancy that begins on the first day of each month and the tenant gives the landlord notice on June 15, the termination date would be August 31.

For example, if it is a monthly tenancy that begins on the first day of each month and the tenant gives the landlord notice on June 15, the termination date would be August 31.

In the case of a weekly tenancy, the tenant must give the landlord at least 28 days notice before the last day of the final week of the tenancy.

If the tenant pays rent on a daily basis, 28 days is also required.

Breaking a lease means that a tenant wants to leave their unit before their tenancy agreement is over. For example, a tenant who signed a one-year lease might want to leave their unit in the eighth month.

A tenant and landlord can agree to break a lease. It is best for both parties if this agreement is in writing and is signed by the landlord and the tenant. If the landlord is not willing to break the lease, the tenant has the right to assign the unit to a new tenant with the landlord's consent.

There are differences between assigning and subletting a unit.

Assigning a unit means that the tenant moves out of the unit permanently and transfers their tenancy to another person. All the terms of the original rental agreement stay the same – the amount of the rent and what services are included etc.

Subletting a unit means that the tenant moves out of their unit for a specific period of time but the tenant plans to move back into the unit before the end of the tenancy. The person who moves in is known as a subtenant. They are responsible to pay the rent to the original tenant who then pays it to the landlord. A landlord cannot refuse the idea of subletting the unit, but they can refuse to allow the tenant to sublet to a specific person if they have a good reason.

If a tenant has to leave their unit for an extended period of time but they want to return to it, they can ask their landlord for consent to sublet the unit. For example, if a tenant's job is being transferred to another city for six months and then they want to return to their unit, they might ask their landlord if they can sublet the unit. They must tell the landlord when they are leaving and when they will be returning to the unit, and they must get the landlord's consent before subletting.

A landlord cannot refuse the idea of subletting a unit, but they can refuse a specific person if they believe the person is unsuitable.

However, if the tenant thinks that the landlord is being unreasonable in withholding their consent to sublet to someone, the tenant can file an application with the Board.

If a tenant assigns or sublets their unit without their landlord's consent, it is an unauthorized assignment or sublet. A landlord can file an application with the Landlord and Tenant Board to evict both the tenant and the unauthorized occupant. However, if the landlord does not file the application within 60 days of discovering the unauthorized occupant, the unauthorized occupant will become a tenant.

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Nick Diaz up to old tricks, no-shows public workout

UFC. Welterweight title challenger fails to make appearance ahead of UFC 158 fight against GSP

Georges St-Pierre played with children and threw signed merchandise into the crowd. His opponent, Nick Diaz, didn't bother to show up.

Short of escorting a senior citizen across the street or donating an organ to a relative in need, St-Pierre couldn't have done much more for his good-guy image at a public workout Wednesday in advance of UFC 158.

And Diaz, whose matchup with GSP at UFC 137 in 2011 was shelved after failing to show up for news conferences in Toronto and Las Vegas, added to his bad-boy reputation.

The California fighter was slated to show between noon and 1 p.m. at the downtown mall that was host to the workout. St-Pierre was due between 1 and 2 p.m.

Diaz never made it. The only glimpse fans got of him was a side shot on a giant promotional poster overhead and a close-up of his sneer on a floor-mounted display.

"We're still trying to find him," said Tom Wright, the UFC's director of Canadian operations.

"Maybe he's on Stockton time," he added, referring to Diaz's home in the Stockton-Lodi area of California.

More likely Diaz time.

Diaz and brother Nate were seen getting on the elevator at the UFC hotel at 2:20 p.m., airline tags still attached to their knapsacks. The St-Pierre entourage arrived at the hotel some 15 minutes later after fulfilling their media obligations at the workout.

Diaz has a history of playing hooky. The UFC says he missed two days filming for a preview show for this card. The Diaz camp says they did not get proper notice.

THE CANADIAN PRESS

The show must go on

Nick Diaz's no-show is hardly likely to trigger anything more than a tongue-lashing from UFC president Dana White given the proximity to Saturday's show at the Bell Centre. Plus Diaz is on the hook to be at Thursday's news conference and Friday's weigh-in.

- "He better be at the press conf(erence)," White said in a text to The Canadian Press.

Bitter rivals duke it out in la belle province

Ottawa Senators goaltender Robin Lehner is scored on by Montreal Canadiens defenceman P.K. Subban, not shown, as Canadien Tomas Plekanec supplies a screen in Montreal on Wednesday night. For more on the game, go to metronews.ca. GRAHAM HUGHES/THE CANADIAN PRESS

NHL

Head shot earns Perry four-game suspension

Anaheim Ducks forward Corey Perry has been suspended for four games for elbowing Minnesota Wild forward Jason Zucker in the head.

Zucker was helped off the ice after the late hit in the second period of the Ducks' 2-1 win over the Wild on Tuesday. He did not return.

Perry was assessed a major penalty for interference and a game misconduct on the play. He will forfeit $115,135.12 US in salary

The incident occurred when Perry dipped his shoulder and threw an elbow at Zucker's head, sending him crashing into the corner boards. Zucker stayed down on the ice for about five minutes as he was helped by trainers.

THE CANADIAN PRESS

NBA. Bargnani out for season with elbow injury

Toronto Raptors forward Andrea Bargnani is expected to miss the rest of the season with an elbow injury.

Bargnani suffered an avulsion sprain to his right elbow against the Los Angeles Lakers on Friday night.

The Raptors said the injury is not related to Bargnani's previous right elbow ailment that forced the Italian to miss 26 games from Dec. 12 to Feb. 3. THE CANADIAN PRESS

Andrea Bargnani attempts a shot against the Phoenix Suns on March 6. MATT YORK/THE ASSOCIATED PRESS

MLB spring training

Pirates sail past Blue Jays

Mark Buehrle allowed one run while pitching into the fourth inning, but Carlos Paulino lifted the Pittsburgh Pirates to a 5-4 victory over the Toronto Blue Jays on Wednesday with an RBI single in the 10th inning.

Paulino singled to centre off reliever Tommy Hottovy, who hit two batters in the inning.

THE ASSOCIATED PRESS

Soccer. Canada shut out in Cyprus Cup final

Rachel Yankey scored in the 70th minute and England defeated Canada 1-0 Wednesday in the final of the Cyprus Cup women's soccer tournament.

Canada made three substitutions late as it pressed for the tying goal, but couldn't create any dangerous chances as England held on to the lead through five minutes of added time.

Canada lost the in the final of the Cyprus Cup for the second straight year, falling 2-0 to France in 2012.

Canada and England will face each other again in an exhibition match on April 7.

THE CANADIAN PRESS

Quoted

"They were the better team tonight, give them credit." Canada coach John Herdman

4 SPORTS

From Brady to Manning: Broncos bring in Welker

Wes Welker dives for a touchdown while with the New England Patriots during a game against the Jaguars on Dec. 23 in Jacksonville, Fla. Welker signed with the Denver Broncos on Wednesday. MIKE EHRMANN/GETTY IMAGES

NFL. A year after signing future hall of fame QB, Denver brings in top receiver

Wes Welker is saying goodbye to Tom Brady and hello to Peyton Manning.

After spending six years with Brady in New England, the Pro Bowl receiver agreed to a two-year deal Wednesday to team up with Manning in Denver.

The Welker signing was the highlight of a big day for the Broncos, who once again made a major splash in free agency.

Denver also came to terms on a two-year deal with defensive tackle Terrance Knighton, formerly of Jacksonville, and a one-year contract with linebacker Stewart Bradley, who played with the Cardinals the past two seasons.

Last year, the Broncos won the high-stakes contest to sign Manning, prompting Broncos boss John Elway to quip, "Plan B? I don't have a Plan B. We're going with Plan A."

Coming off a 13-3 season during which the Broncos looked like a Super Bowl contender before losing to Baltimore in the division round of the playoffs, Elway is clearly on the same path this time.

He picked up the league's most productive receiver to play in the slot where Brandon Stokley was last season. Welker's five 100-catch seasons are the most in the NFL. He has been selected to the Pro Bowl in each of his past five seasons and was an All-Pro four of the past five years. THE ASSOCIATED PRESS

High standards

Wes Welker caught 118 passes for 1,354 yards and scored six touchdowns last year, helping the Pats go 12-4 and make the AFC title game before they also fell to Baltimore.

- The Broncos are banking the same relationship can blossom between their 37-year-old future hall of fame quarterback Peyton Manning and his newest target, Welker, who is 31.
- On his Twitter account, John Elway tweeted: "Excited to have Wes join the Broncos. His production & toughness will be a great asset!"

MLB spring training

Concern surrounds Phillies' Halladay

With Ryan Howard and Chase Utley seemingly back on track, an encouraging spring for the Philadelphia Phillies took a downward turn after Roy Halladay's last start sounded the alarms.

Though Halladay can't be expected to pitch like he did in 2010-11, the Phillies need him to be better than last year when he was 11-8 with a 4.49 ERA. Halladay got roughed up by Detroit on Tuesday. His velocity was down and he had trouble locating his pitches. He immediately dismissed any injury, but manager Charlie Manuel and pitching coach Rich Dubee were concerned. THE ASSOCIATED PRESS

Roy Halladay during Tuesday's 10-6 loss to the Tigers. Halladay gave up seven runs in 2 2/3 innings. THE ASSOCIATED PRESS

Figure skating. Canadian pair in podium position after short skate at worlds

Meagan Duhamel stomped her feet and shook her fists, and then took a running leap into her partner's arms.

Duhamel and Eric Radford laid down a pairs short program Wednesday good enough to leave the Canadians in second place at the World Figure Skating Championships in London, Ont., — the highlight thus far of a partnership only three years in the making.

"I felt sick to my stomach all day," Duhamel said through a wide grin. "We were so nervous all morning, we put a huge amount of pressure on ourselves, our whole lives have been geared toward being on the podium but more so in the last year."

Duhamel, from Lively, Ont., and Radford, from Balmertown, Ont., scored 73.61 points for their virtually flawless skate to music from La Boheme.

Tatiana Volosozhar and Maxim Trankov of Russia are the leaders, scoring 75.84 for their sultry skate to music from The Godfather. Four-time world champions Aliona Savchenko and Robin Szolkowy of Germany scored 73.47 for an uninspiring performance to leave them third. THE CANADIAN PRESS

Eric Radford hugs Meagan Duhamel during the pairs short program in London Wednesday. THE CANADIAN PRESS

Quoted

"I thought: 'What if I go to jump and my legs just don't do it?' I felt like I was just going to collapse. But soon as the music started it felt great."

Canadian pairs skater Meagan Duhamel on her nerves ahead of her world championship skate

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Miami	48	14	.774	—
d-Indiana	40	24	.625	9
d-New York	38	23	.623	9½
Brooklyn	38	27	.585	11½
Chicago	35	28	.556	13½
Boston	34	29	.540	14½
Atlanta	34	29	.540	14½
Milwaukee	32	31	.508	16½
Toronto	**25**	**39**	**.391**	**24**
Philadelphia	24	39	.381	24½
Detroit	23	43	.348	27
Cleveland	22	42	.344	27
Washington	21	42	.333	27½
Orlando	18	47	.277	31½
Charlotte	14	50	.219	35

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	49	16	.754	—
d-Oklahoma City	47	17	.734	1½
d-Memphis	43	19	.694	4½
L.A. Clippers	45	20	.692	4
Denver	43	22	.662	6
Golden State	36	29	.554	13
Houston	34	30	.531	14½
L.A. Lakers	34	31	.523	15
Utah	33	31	.516	15½
Dallas	30	33	.476	18
Portland	29	34	.460	19
Minnesota	22	40	.355	25½
Phoenix	22	42	.344	26½
New Orleans	22	43	.338	27
Sacramento	22	43	.338	27

Note: division leaders ranked in top three positions regardless of winning percentage.

WEDNESDAY'S RESULTS
Washington 106 Milwaukee 93
Indiana 107 Minnesota 91
Miami at Philadelphia
L.A. Lakers at Atlanta
Toronto at Boston
Phoenix at Houston
Utah at Oklahoma City
Chicago at Sacramento
New York at Denver
Detroit at Golden State
Memphis at L.A. Clippers
TUESDAY'S RESULTS
L.A. Lakers 106 Orlando 97
Cleveland 95 Washington 90
Charlotte 100 Boston 74
Brooklyn 108 New Orleans 98
Miami 98 Atlanta 81
Dallas 115 Milwaukee 108
Minnesota 107 San Antonio 83
Memphis 102 Portland 97
THURSDAY'S GAMES — All Times Eastern
Dallas at San Antonio, 8 p.m.
New York at Portland, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	27	19	8	0	100	78	38
New Jersey	26	12	9	5	65	75	29
NY Rangers	25	13	10	2	64	61	28
NY Islanders	26	11	12	3	77	88	25
Philadelphia	27	12	14	1	75	82	25

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	26	17	5	4	84	66	38
Boston	24	17	4	3	72	53	37
Ottawa	26	13	8	5	61	54	31
Toronto	27	15	11	1	81	75	31
Buffalo	27	10	14	3	70	84	23

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	25	15	9	1	79	69	31
Winnipeg	26	13	11	2	68	76	28
Tampa Bay	26	11	14	1	88	81	23
Washington	25	10	14	1	69	76	21
Florida	27	7	14	6	66	101	20

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	26	21	2	3	85	58	45
St. Louis	26	14	10	2	80	79	30
Detroit	26	12	9	5	68	66	29
Nashville	26	11	9	6	58	61	28
Columbus	27	10	12	5	62	74	25

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	25	12	7	6	68	68	30
Minnesota	25	13	10	2	59	61	28
Edmonton	26	10	11	5	64	76	25
Colorado	25	10	11	4	62	73	24
Calgary	24	9	11	4	64	82	22

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	25	19	3	3	87	63	41
Los Angeles	25	14	9	2	73	65	30
Phoenix	26	13	10	3	77	74	29
San Jose	25	11	8	6	58	61	28
Dallas	25	12	11	2	67	71	26

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

WEDNESDAY'S RESULTS
Ottawa at Montreal
Philadelphia at New Jersey
Detroit at Calgary
TUESDAY'S RESULTS
Buffalo 3 NY Rangers 1
Vancouver 2 Columbus 1 (SO)
Carolina 4 Washington 0
Pittsburgh 3 Boston 2
Tampa Bay 3 Florida 2
Winnipeg 5 Toronto 2
St. Louis 4 San Jose 2
Anaheim 2 Minnesota 1
Nashville 4 Dallas 0
Edmonton 4 Colorado 0
Phoenix 5 Los Angeles 2
THURSDAY'S GAMES — All Times Eastern
Florida at Boston, 7 p.m.
Pittsburgh at Toronto, 7 p.m.
Washington at Carolina, 7 p.m.
Chicago at Columbus, 7 p.m.
NY Islanders at Tampa Bay, 7:30 p.m.
NY Rangers at Winnipeg, 8 p.m.
Phoenix at St. Louis, 8 p.m.
Colorado at Minnesota, 8 p.m.
Anaheim at Dallas, 8:30 p.m.
Nashville at Vancouver, 10 p.m.
Los Angeles at San Jose, 10:30 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Montreal	2	0	0	3	1	6
Columbus	1	1	0	4	2	3
Kansas City	1	1	0	4	3	3
Philadelphia	1	1	0	3	4	3
Houston	1	0	0	2	0	3
Toronto FC	1	1	0	2	2	3
New England	1	0	0	1	0	3
D.C.	1	1	0	1	2	3
New York	0	1	1	4	5	1
Chicago	0	2	0	0	5	0

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Vancouver	2	0	0	3	1	6
Los Angeles	1	0	0	4	0	3
Chivas USA	1	1	0	3	4	3
Real Salt Lake	1	1	0	2	1	3
FC Dallas	1	1	0	2	3	3
San Jose	1	1	0	2	3	3
Portland	0	1	1	4	5	1
Colorado	0	2	0	1	3	0
Seattle	0	1	0	0	1	0

SATURDAY'S GAMES — All Times Eastern
D.C. at New York, 12:30 p.m.
Chicago at Kansas City, 3 p.m.
Toronto FC at Montreal, 4 p.m.
New England at Philadelphia, 5 p.m.
San Jose at Columbus, 5:30 p.m.
Colorado at Real Salt Lake, 6 p.m.
Portland at Seattle, 8 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Make your own decisions today and live with the consequences. Nothing bad is going to happen at all but you must be prepared to go out on a limb and risk being the odd one out.

♉ Taurus
April 21 - May 21
If someone is giving you a hard time then by all means give them a hard time in return. But make sure you get it right as this is one of those days when too much emotion could lead to costly mistakes.

♊ Gemini
May 22 - June 21
Someone who claims to be one thing is something else entirely. You are advised to take what they tell you with a large grain of salt, especially if it sounds too good to be true.

♋ Cancer
June 22 - July 23
Sometimes you are too sensitive for your own good but today you will go to the other extreme. You just cannot be bothered to respond to other people's criticisms.

♌ Leo
July 24 - Aug. 23
You need to open your eyes and be aware of the trends that are taking shape. Business and financial matters, in particular, could cause a few problems today so make sure you are in control at all times.

♍ Virgo
Aug. 24 - Sept. 23
Friends and loved ones don't want to do what you want to do, which is frustrating. Compromise is possible but you must be serious about it. If you fail to deliver on what you promise, it could cause a rift.

♎ Libra
Sept. 24 - Oct. 23
Someone wants to undermine your confidence. Don't let them. Keep things in perspective today and, above all, don't let trivial matters, or trivial people, upset you.

♏ Scorpio
Oct. 24 - Nov. 22
Let the world know you are vulnerable. For too long you have given the impression that you are as cold as ice. You're not. You know it's an act. It's time other people knew it too.

♐ Sagittarius
Nov. 23 - Dec. 21
Someone has deceived you and, of course, you are not in the least bit happy about it. But no matter how hard done by you feel you must not blow your top. If you do, you will only make matters worse.

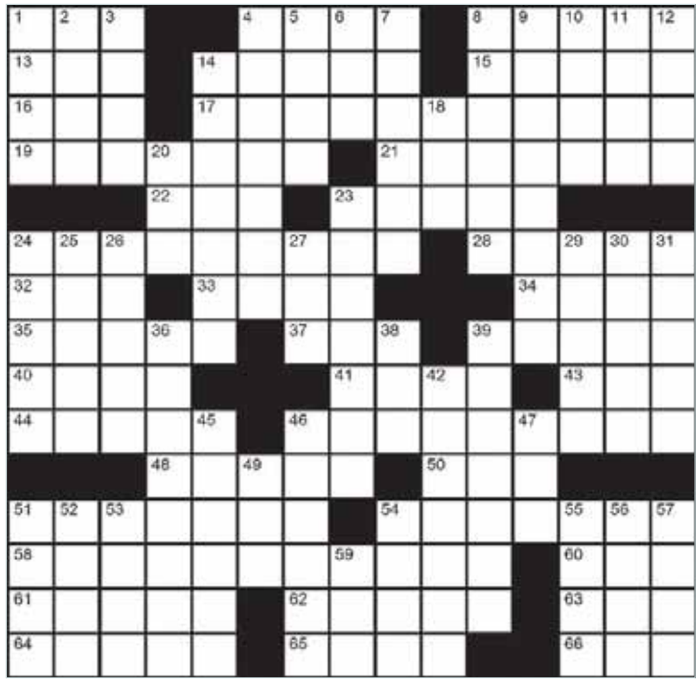
♑ Capricorn
Dec. 22 - Jan. 20
You are trying too hard to live up to what other people expect of you. It's what you expect of yourself that matters, nothing more, nothing less. Be yourself, now and always.

♒ Aquarius
Jan. 21 - Feb. 19
You may have made up your mind about a personal matter but you should keep it to yourself for now. The planets indicate that your views will change radically over the next few days. Leave wriggle room.

♓ Pisces
Feb. 20 - March 20
No matter how loudly someone says you are on the wrong track you must ignore them and carry on as before. Even if they are right — and they're not – it doesn't matter. All roads lead to where you need to go. **SALLY BROMPTON**

Crossword: Canada Across and Down

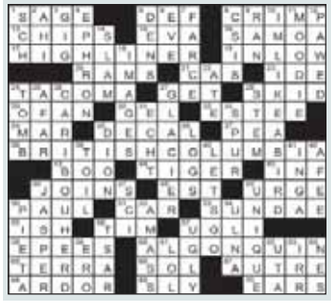
BY KELLY ANN BUCHANAN



Across
1. Concert-goer's purchase, for short
4. Nicknamed baseball star, _-__
8. Norway-like feature in Gros Morne National Park, Nfld.
13. 'Buff' add-on
14. Friend, in Florence
15. Keenly interested
16. Playboy Mansion's man, for short
17. First Canadian astronaut in space: 2 wds.
19. Get back together
21. Mid-afternoon, ___
22. UN workers' gr.
23. Ms. O'Donnell
24. Comedian/actor from Newmarket, ON: 2 wds.
28. Its capital is Damascus
32. Irish actress Ms. O'Connor
33. Nautical ropes
34. Director Mr. Howard's
35. Jazz singer, Carmen __
37. However
39. Attach a patch: 2 wds.
40. Light baseball hit
41. "I'd hate to break up _ __..."
43. Hydrocarbon suffix
44. Mr. Hershiser's of baseball
46. 'A.' of Sir John A. Macdonald
48. Shield in Greek mythology
50. In favour
51. Princess Diana's maiden name
54. Snug
58. Main building on Parliament Hill: 2 wds.
60. Tic-Tac-Toe losing row
61. Mr. Schwarzenegger, to fans
62. Cordiality
63. NFL's Bengals, on scoreboards
64. Respond
65. Belonging to Axl Rose's rock gr.
66. Senators, on scoreboards

Down
1. Wild goat-like animal (1986)
2. __ Wyck (Book of 1941 by Victoria artist Emily Carr)
3. Bean curd product
4. Romantic
5. Laugh: French
6. Line of work [abbr.]
7. PetSmart purchase: 2 wds.
8. "__ Bueller's Day Off"
9. Thornfield Hall governess: 2 wds.
10. Decorative curved arch
11. Harvest
12. Play like Ringo
14. Running-behind person's query, "__ _ __?"
18. Ohs partners
20. Mr. Cage, to pals
23. Closes again
24. Extra large
25. Acquire, as debt
26. Seine tributary in France
27. "Video Games" singer: Lana Del __
29. Was using oars
30. Hole-__-__
31. Actor Ed
36. East Coast ocean
38. Dangerous fly, when doubled
39. "__ & Hutch" (2004)
42. Anticipates
45. Clandestine
46. Car safety feature
47. TLC's "What __ to Wear"
49. "Gosh."
51. Red Hot Chili Peppers song: "__ Tissue"
52. Father: French
53. Resort town in Sicily
54. Movie genre, Film __
55. "The __-Motion" by Little Eva
56. Leave
57. Elvis Presley hit: "__ Be Cruel"
59. Alphabet sequence

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4				8			
3			9	5		6	4	
6		1					9	
	1	5		4				
			2		9			
				7		3	2	
	8					9		5
	9	2		6	3			7
			1				8	

Yesterday's Sudoku

4	3	6	5	7	1	8	2	9
7	1	8	9	2	4	3	6	5
2	9	5	6	8	3	1	4	7
3	2	9	8	4	6	5	7	1
6	4	1	3	5	7	9	8	2
5	8	7	1	9	2	4	3	6
9	5	3	7	6	8	2	1	4
1	6	2	4	3	5	7	9	8
8	7	4	2	1	9	6	5	3

Today
-6°/-10°
Partly sunny

Friday
1°/-9°
Flurries
40%

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Check the 14 day trend.
TWN incorporates MSC data

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